

NASA-S-66-12120

HUMAN RESPONSE TO SPACEFLIGHT

TABLE I

<u>PREDICTED</u>	<u>OBSERVED</u>
● DYSBARISM _____	NONE
● DISRUPTION OF CIRCADIAN RHYTHMS _____	NONE
● DECREASED g TOLERANCE _____	NONE
● SKIN INFECTIONS AND BREAKDOWN _____	DRYNESS, INC DANDRUFF
● SLEEPINESS AND SLEEPLESSNESS _____	INTERFERENCE (MINOR)
● REDUCED VISUAL ACUITY _____	NONE
● _____	EYE IRRITATION
● _____	NASAL STUFFINESS AND HOARSENESS
● DISORIENTATION AND MOTION SICKNESS _____	NONE
● PULMONARY ATELECTASIS _____	NONE

FIGURE 6

Now, circadian rhythm, this means that the body has a number of rhythms, almost all of the systems are supposed to have an inherent biological rhythm related to light and dark, day and night, and this sort of thing, and it was felt that space flight would certainly be a problem here. We have programed it. I will show you some pulse rate determinations which confirm that particular finding.

We have seen no decreased g-tolerance after exposure to the environment.

We have seen no skin infections or skin breakdown. We have had some minimal dryness and dandruff on some of the long duration flights.

We have had neither of these as really significant symptoms.

We have had some minor interference with sleep, and we have altered sleep cycles, and we have had some minor fatigue.

We have seen no reduction, no change in visual acuity in a space flight environment.

There were two that were not predicted here. We did have some eye irritation, we did have some nasal stuffiness and hoarseness, and we think that both of these are related to the use—these are some of the nuisance effects I talked about with a 100 percent oxygen environment.

Disorientation and motion sickness, had been one of the big predictions, and, as Buzz said, we saw none of this even in the extravehicular situation where the man had no particular tie to a vehicle, and we have seen none inside the spacecraft.